



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### SAUCY SQUASH

**Time: 40 minutes**

**Serves: 4**

**Ingredients:**

2 teaspoons extra virgin olive oil  
½ pound fresh Italian sausages  
2 red bell peppers – seeded and sliced  
1 large onion – halved and sliced  
½ pound mushrooms – sliced  
4 cloves garlic – thinly sliced  
28 ounces crushed tomatoes  
¼ teaspoon freshly-ground black pepper  
½ teaspoon kosher salt  
1 spaghetti squash  
6 fresh basil leaves – thinly sliced

**Preparation:**

Preheat a deep cast iron pan on medium heat then add the olive oil and sausages. Cook sausages for five minutes on each side and remove from pan.

Place the peppers, onion, mushrooms, and garlic into the pan, stirring occasionally for ten minutes.

While the vegetables are sautéing, bring a large pot of water to a boil and prepare the squash by quartering lengthwise then using a spoon to scrape out the seeds and pulp.

Add the tomatoes, black pepper and salt to the pan. Bring to a boil then reduce heat to low, simmering partially covered and stirring occasionally for ten minutes.

Place the squash in the pot of boiling water and boil for twenty minutes.

Slice the sausage and add it back to the pan of sauce, continuing to simmer and stirring occasionally for eight more minutes.

Add the basil to the sauce and cook for two more minutes. Remove from heat.

Remove the squash from the water and let cool enough to safely handle. Run a fork lengthwise along the cooked squash to remove the vermicelli-like flesh from the skin and serve topped with the sauce.

**Nutritional Information Per Serving:**

Calories: 351

Fat: 22g

Carbs: 30g

Fibre: 8g

Protein: 15g